



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 20041, Rice, brown, medium-grain, cooked

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	72.96	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Energy	kcal	112	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Energy	kJ	469	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	2.32	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Total lipid (fat)	g	0.83	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Ash	g	0.39	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Carbohydrate, by difference	g	23.51	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Fiber, total dietary	g	1.8	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1994
Minerals													
Calcium, Ca	mg	10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Iron, Fe	mg	0.53	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Magnesium, Mg	mg	44	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P	mg	77	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Potassium, K	mg	79	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Sodium, Na	mg	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Zinc, Zn	mg	0.62	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Copper, Cu	mg	0.081	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Manganese, Mn	mg	1.097	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Thiamin	mg	0.102	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Riboflavin	mg	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Niacin	mg	1.330	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Pantothenic acid	mg	0.392	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Vitamin B-6	mg	0.149	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Folate, total	µg	4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Folate, DFE	µg	4	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Lipids													
Fatty acids, total saturated	g	0.165	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
12:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
14:0	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
16:0	g	0.141	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:0	g	0.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Fatty acids, total monounsaturated	g	0.300	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:1 undifferentiated	g	0.297	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Fatty acids, total polyunsaturated	g	0.296	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:2 undifferentiated	g	0.283	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:3 undifferentiated	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
Amino Acids													
Tryptophan	g	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Threonine	g	0.085	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Isoleucine	g	0.098	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Leucine	g	0.191	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Lysine	g	0.088	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Methionine	g	0.052	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Cystine	g	0.028	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phenylalanine	g	0.119	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Tyrosine	g	0.087	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Valine	g	0.136	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Arginine	g	0.175	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Histidine	g	0.059	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Alanine	g	0.135	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Aspartic acid	g	0.217	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Glutamic acid	g	0.472	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Glycine	g	0.114	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Proline	g	0.109	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Serine	g	0.120	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Other													